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Housekeepers' Chat

Monday, June 4,  
or later.

U. S. Department of Agriculture  
NOT FOR PUBLICATION

Subject: Timely Suggestions for Homekeepers, Menu and tested recipes from Bureau of Home Economics, U. S. D. A.

Bulletins available: "Canning Fruits & Vegetables at Home," "Sun Suits for Children," "Making Vinegar in the Home & On the Farm."

Note: This release contains enough material for two regular programs.

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"Aunt Sammy's" mail has been deluged lately with requests for the bulletins on canning, baking, and sewing. The most popular publication for the month of May was the new leaflet called "Sun Suits for Children." "Canning Fruits and Vegetables at Home" is the selection of the Bulletin-of-the-Month Club for June.

This brings to mind a question which was asked the other day: "Do you think it pays the average housewife to put up a great quantity of fruits and vegetables?"

In Doctor Louise Stanley's bulletin, "Canning Fruits and Vegetables at Home," there is a short discussion of the reasons for canning food.

Canning, according to Doctor Stanley, is a desirable method of preserving many fruits and vegetables, so they may be used when fresh fruits and vegetables are not available. Canned foods make possible a better-balanced diet at all seasons, and the value of a well-balanced diet is something which cannot be measured in dollars and cents.

Of course, what foods should be canned, and how much should be canned, depend upon conditions in your own household. Canning should not be considered an end in itself, but a means of preserving surplus food, so that it may be used later to good advantage. When fruits and vegetables are in season, it is wise to use them in abundance, for they are much more palatable fresh than canned. It is poor economy to cut down on the use of fresh food, in order to have a supply to can.

But if you have more fruit than you can use in the summer, and if you have been far-sighted enough to plant more vegetables than are needed to supply the table in the summer time, can the surplus. That is, can the fruits and vegetables which won't keep otherwise. It is usually a waste of effort to







can vegetables that may be stored, such as mature beets, turnips, carrots, sweet potatoes, parsnips, winter squash and pumpkins. But in some cases, it is a good idea to can small quantities of such vegetables, for use in the late spring and early summer, when the stored ones have deteriorated, and the new crop is not yet ready.

Here's another item the thrifty housewife takes into consideration. If she has to buy her fruits and vegetables for canning, she compares their cost with the commercially canned product. It's rather foolish to pay a high price for fresh fruits and vegetables, then spend hours canning them, if the same product commercially canned may be purchased for less than the price of the fresh food.

Those who want specific directions for canning fruits and vegetables may have the free canning bulletin.

Now let's get to the questions, quickly. First question: "Which is better for use in jelly making, cane sugar or beet sugar?"

Answer: According to the Bureau of Home Economics, there's no difference in refined beet sugar and cane sugar, for use in canning, or in jelly making and preserving.

Next question: "I wonder if you could give me directions for making Celery Seed Vinegar. That is, the celery seed is added to the vinegar, then strained out, and the vinegar is used in salad dressings."

The Recipe Lady answered this question. She gave me her directions for making Celery Seed Vinegar, and also her directions for making Onion Vinegar, and Horseradish Vinegar. Onion Vinegar is especially pleasing for those who like just a "suspicion" of onion in their salad dressing.

You might write these three recipes -- they are all short and simple -- in the Salad department of your Radio Notebook.

Number 1 -- Celery Seed Vinegar. Three ingredients

1 pint vinegar  
1/4 cup celery seed, and  
1/2 tablespoon salt

I'll repeat the ingredients: (Repeat)

Bring the vinegar to the boiling point, cool for five minutes, then add to it the celery seed and salt. Let stand for two weeks, then strain and bottle.

Number 2 -- Onion Vinegar. Just two ingredients:







4 small onions, cut in small pieces, and  
1 pint vinegar

The two ingredients again, for Onion Vinegar: (Repeat)

Add the chopped onions to the vinegar and allow it to stand for three weeks or a month. Strain and bottle.

Number 3 -- Horseradish Vinegar. Three ingredients:

1 pint vinegar  
1/4 cup scraped horseradish, and  
Pinch of cayenne

I'll repeat the three ingredients for Horseradish Vinegar: (Repeat)

Put all the ingredients together in a jar or bottle and let it stand for two weeks, shaking it up once a day. At the end of that time, strain it and bottle it.

By the way, I haven't mentioned the vinegar bulletin lately. Do you know there is a free bulletin, called "Making Vinegar in the Home and on the Farm." Enough fruit to make a year's supply of vinegar is wasted in many homes. With the information in this bulletin a thrifty homemaker might turn her surplus or inferior grades of fruit, not good enough for canning, into vinegar.

While I was talking with the Recipe Lady the other day she mentioned a salad which was new to me. If you like onions, you'll like this salad. Take a nice, fresh, solid red tomato, and peel it. Slice the tomato, in about three slices. Then take a nice mild onion, and slice it in very, very thin slices -- wafer thin. Then build your salad -- first a slice of tomato, then one of onion, and so on. I think three slices of tomato to two of onion would be about right. Use either French or Mayonnaise dressing. And remember -- I have never tried this salad. So tell your husband not to go blaming me, if he doesn't like it.

If you want to make a colorful, alluring raw vegetable salad, try this combination: Finely chopped cabbage, watercress, onion, green and red pepper, with mayonnaise dressing.

Have you ever tried a salad made of prunes, simmered till soft, stuffed with well-seasoned cottage cheese, and served on lettuce, with French or Mayonnaise dressing? I wish I could spend all my time talking about salads -- but there's the question box, never empty for a single day.

Next question: "What can I do to rid my apartment of cockroaches? They are driving me distracted."







One of the simplest means of ridding a house of roaches is dusting with commercial sodium fluoride -- s-o-d-i-u-m f-l-u-o-r-i-d-e. Use the sodium fluoride pure, or diluted one-half, with some substance such as powdered gypsum, or flour. Dust the sodium fluoride thoroughly over shelves, tables, floors, and the runways and hiding places of the roaches. The insects will come out of their retreats, and rush about more or less blindly. In a few hours, they die, and can be swept up and burned. With the sodium fluoride method, roaches can be completely exterminated within 24 hours.

Sodium fluoride is a poison to humans, and to cats, dogs, and other pets. When it is used in exposed places, accessible to these animals, keep the rooms closed until the sodium fluoride is swept up. Be sure to store it away from the children.

This question reminds me of the man who called up a bird store the other day and said: "Send me thirty thousand cockroaches, at once!"

"What in heaven's name do you want with thirty thousand cockroaches?" asked the salesman.

"Well," replied the householder. "I am moving today, and my lease says I must leave the premises here in exactly the same condition in which I found them."

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One more question, and then the menu: "Please tell me," writes a radio friend, "Whether you have any free bulletins on curtains for various rooms in the house."

I am sorry to say, in reply to this, that I have no free bulletins on curtains. There is a very good bulletin on Curtains which you can get by sending ten cents to the Superintendent of Documents, Government Printing Office, Washington, D. C.

I have seen some charming cretonnes, chintzes, and printed linens in the summer drapery sections. These materials are especially good in plain, colorless rooms. On the other hand, curtains of plain materials, such as poplin, linen, osnaburg, unbleached muslin, theatrical gauze, and so forth, are good in rooms with figured walls or figured floor coverings.

Bright sunny rooms with a south exposure need summer curtains in cool shades of blue, green, and lavender. Dark north rooms need curtains of cheerful yellows or oranges, suggesting sunlight.

Consider the size of your room before buying over-draperies. Heavy draperies, or those with a striking design, make a room seem smaller. Curtains that harmonize with the walls seem to increase the size of a room.







One more question. This is from a mother who wants to know where she can get patterns for the garments described in the leaflet called "Sun Suits for Children."

There are no commercial patterns for these suits. But why use a pattern? I'm sure you can make the garments without a regular pattern, after you see the pictures in the leaflet. This leaflet is free.

Today's menu is another Very Extra Special one, the main dish being a Chicken Chop Suey. (Did I say that right? Uncle Ebenezer says I always say Chicken Sop Chooey, when I mean Chicken Sop Chooey -- well, anyway, you know what I'm talking about, or you will, after you've made it.) If you have ever eaten Chop Suey, in a Chinese restaurant, you know that John Chinaman uses bean sprouts, water chestnuts, mushrooms, and so forth, in this dish, which is served with rice, and noodles.

However, the recipe I'm giving you today does not include bean sprouts, water chestnuts, or mushrooms. It contains only those foods available in the summertime, in your own home town.

Perhaps I'd better give you the menu, before I broadcast the recipe. Everybody ready to write the menu? Chicken Chop Suey; Hot Flaky Rice; Lettuce Salad, and Puff Balls with Crushed Strawberries.

Now I might as well tell you that the Chicken Chop Suey recipe calls for eleven ingredients. I shall read it very slowly. You can save work by abbreviating some of the words -- for instance use a capital T for tablespoon, a small t for teaspoon, and the letter c for cup.

Eleven ingredients, for Chicken Chop Suey;

- 1 chicken, weighing 3 to 4 pounds
- 2 cups shredded onions
- 2 cups shredded celery
- 1 green pepper, shredded
- 2 cups chicken broth
- 1 cup sliced, mild-flavored radish, or tender kohl-rabi
- 4 tablespoons soy sauce
- 2 tablespoons fat
- 1-1/2 teaspoons salt, depending upon amount of salt in sauce
- 1 teaspoon cornstarch, and
- 1 tablespoon cold water

Please check the eleven ingredients, for Chicken Chop Suey: (Repeat)

Put the chicken on a rack in a kettle, half filled with boiling water. Cover tightly, and simmer until the meat is nearly tender. Let cool in the broth. Remove the meat from the bones, discard the skin, and cut the meat into small pieces. Cook the green pepper and onion in the fat, in a heavy skillet, for 3 or 4 minutes, turning them frequently. Add the celery,







chicken meat, salt, and broth, cover, and simmer from 5 to 8 minutes, depending upon the tenderness of the chicken. Mix the cornstarch and cold water until smooth and stir into the mixture. Then add the raw sliced radish or kohlrabi. (This takes the place of the crisp water-chestnut used by the Chinese.) Add the soy sauce, in sufficient quantity to give the desired flavor, and more salt if necessary. Serve with hot flaky rice.

One more recipe, for the Puff Balls. A dainty dessert like Puff Balls, with crushed strawberries, would make the most ordinary dinner end like a banquet. Eight ingredients, for Puff Balls:

- 1/4 cup butter
- 1/2 cup sugar
- 1/4 cup milk
- 1-1/8 cups soft wheat flour
- 1-3/4 teaspoons baking powder
- 1/8 teaspoon salt
- 2 egg whites, and
- 1/2 teaspoon lemon juice

The eight ingredients again, for Puff Balls: (Repeat)

Cream the butter and the sugar. Sift the dry ingredients and add alternately with the milk to the butter and sugar mixture. Fold in the well-beaten whites of eggs and the lemon juice. Grease custard cups and fill about two-thirds full of the batter. Steam for 35 minutes and then place in a hot oven to dry off the tops of the puff balls. Remove from the cups and serve hot with crushed strawberries or other fruit poured over the top. This quantity will make six puff balls.

To repeat the menu: Chicken Chop Suey; Hot Flaky Rice; Lettuce Salad, and Puff Balls with Crushed Strawberries.



